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Unit One



Warming-up

While living a long life is desirable, it is much more so if it can be accompanied by freedom from additional years of suffering long illness, pain or disability. But the question is: Will longevity come free?

Read the following passage and answer the questions given below.

Life Expectancy, Health Expectancy

The dramatic increases in life expectancy achieved during the 20th century are certain to have profound consequences for humanity. Half a century ago, the great majority of the global population died before the age of 50. Today, the great majority survive well beyond that age. Average life expectancy in developing countries is now 64 years, and is projected to reach 71 years by the year 2020. It is already higher in many industrialized countries. A child born in Japan today, for example, can expect to live to be 80 years old.

These are outstanding landmarks on the pathway of human evolution, and could not have occurred without the tremendous advances in medicine and public health, in science and technology, that have occurred since the beginning of this century. Such advances are continuing at a remarkable pace, and offer real hope for a better and healthier future for mankind.

But while extending our life span is desirable in itself, it is much more so if it can be accompanied by freedom from additional years of suffering poverty,



pain or disability. Unfortunately, for many millions of people, there is as yet no such freedom. The quality of human life is at least as important as its quantity. Individuals are entitled to be concerned not so much about their life expectancy as about their health expectancy — and are rightly demanding to be better informed about it.

Health expectancy can be defined as life expectancy in good health, and amounts to the average number of years that an individual can expect to live in such a favorable state. For all of us who look forward to a longer life than that of our predecessors, it is vital to realize that increased longevity does not come free. While the ideal vision for everyone may be to lead a physically and mentally healthy life well into old age, every year many millions die prematurely or are disabled by diseases and conditions that are to a large extent preventable. Longer life can be a penalty as well as a prize. A large part of the price to be paid is in the form of sufferings caused by chronic disease.

VOCABULARY

facility / fə'sɪlɪtɪ / *n.* 设施; 设备

longevity / lɒn'dʒevɪtɪ / *n.* 长寿; 寿命

expectancy / ɪk'spektənsɪ / *n.* 平均寿命

humanity / hju:'mænɪtɪ / *n.* 人道; 仁慈

tremendous / trɪ'mendəs / *adj.* 巨大的; 惊人的

predecessor / 'pri:disesə / *n.* 前辈

prematurely / 'premətʃəli / *adv.* 过早地

penalty / 'penəltɪ / *n.* 处罚

Warming-up Activities

I. Questions to think over and answer.

- 1 How has life expectancy for the majority of the world population changed over the past half century?
- 2 What, according to the author, have been the causes of these great changes?
- 3 Do you agree with the statement that the quality of human life is at least as important as its quantity? Why or why not?
- 4 What is health expectancy? Why can a longer life be a penalty as well as a prize?

II. Learn the use of phrasal verbs with the help of a dictionary.

Live

1. John is 25 years old and still **lives off** his parents.
2. These children seem to **live on** nothing but chips and chocolate.
3. Doctors and nurses sometimes have to **live with** their patients' moodiness and short tempers.
4. The old man was very sad and said that he had nothing to **live for**.
5. She works so hard to **live up to** her family's expectations.

Text A

Defining Health and Illness

In the past, most individuals and societies have viewed health as the opposite of disease or the absence of disease. This attitude toward health still remains popular with many health professionals. There are problems with this attitude: it ignores states of health between disease and full health, and it emphasizes the physiological dimension of a person, considering only the body as being either ill or healthy and overlooking the complex interrelationships among a person's five dimensions: physiological, emotional, intellectual, social, and spiritual dimensions. Health professionals must define health and illness; these definitions serve as a basis for determinations about the types and quality of health care services that should be provided. The definition of health adhered to by health care workers should be individualized to the client, and should take into consideration a client's basic human needs.

Concepts of health

Health is not merely the absence of illness. Defining health is difficult, because it is not an acquired piece of scientific knowledge, nor is it a thing, a part of the body, or a function of the body. Health is a state of being that each person defines in relation to his or her own values.

Health care professionals are still struggling to develop a definition of health that is acceptable to all health care workers and to consumers. The World Health Organization (WHO)



defines health as a “state of complete physical, mental, and social well-being, not merely the absence of disease or infirmity” (1974). Yet this definition of health has not been totally accepted. Those opposed to it believe that for underdeveloped countries and for poor people, this definition of health is unrealistic because many people, according to this definition, would not be considered healthy. In addition, it is difficult to determine scientifically who is or is not healthy or to determine the point at which a person becomes ill rather than healthy.

A person's attitude toward health involves much more than the absence of illness or disability. For example, an adult with hypertension does have a demented disease process, but if the condition is being controlled with diet, exercise, or medication, the client may feel healthy and experience no change in functioning. A client's concept of health is thus very important to the nurse in helping reach goals, which may not be the same for all clients.

Nurses plan care for a client to help meet health care needs and achieve maximal independence. Nurses plan care based on a definition of health and accepted standards of health care. Health in its broadest sense is a dynamic state in which the individual adapts to changes in the internal (genetic, physiological, psychological, intellectual, and spiritual variables) and external (physical, social, and economic variables) environments to maintain a state of total well-being. Because both internal and external environments may be continually changing, the person must adapt to maintain a state of well-being.

“Health” and “illness” therefore must be defined in terms of the individual client. Health can include conditions the client or nurse may previously have considered illness. Health is also closely related to an individual's life-style, and some illnesses can be considered manifestations of a person's life-style, such as respiratory infections caused by neglecting to stay warm and dry in winter. In such a case, treating the infection may have no effect on the pattern of behavior, and the person may even not consider such an infection an illness at all if it seems a “normal” or usual aspect of life. A rigid attitude toward health and illness by a health professional may have little meaning for such a person's future health, because the whole person is not being considered.

Therefore, because the attitudes of client and nurse toward health may not coincide exactly, the nurse works with the client and family to plan individualized nursing care and goals.

VOCABULARY

physiological /ˌfɪzɪəˈlɒdʒɪkəl/ *adj.* 生理的

infirmity /ɪnˈfɜːmɪti/ *n.* 虚弱; 体弱

demented /dɪˈmentɪd/ *adj.* 焦躁不安的; 发狂的

medication /ˌmedɪˈkeɪʃən/ *n.* 药物

maximal /ˈmæksɪməl/ *adj.* 最高的, 最大的

manifestation /ˌmænɪfesˈteɪʃən/ *n.* 显示; 表示

rigid /ˈrɪdʒɪd/ *adj.* 严格的; 僵硬的

coincide /ˌkəʊɪnˈsaɪd/ *vi.* 一致, 符合; 同时发生

NOTES TO THE TEXT

- ① The definition of health adhered to by health care workers should be individualized to the client, and should take into consideration a client's basic human needs: The health care workers must follow the principle that the definition of health varies according to different patients and they should take account of a client's basic human needs.
adhere to: abide by
- ② Health is a state of being that each person defines in relation to his or her own values: Health is an existing condition that each person defines according to his or her own values.
- ③ Those opposed to it believe that for underdeveloped countries and for poor people, this definition of health is unrealistic because many people, according to this definition, would not be considered healthy: Those who are against it believe this definition of health is too idealistic for underdeveloped countries and for poor people, because many people would not be considered healthy according to this definition.

Text Comprehension

I. Choose the best answer to each of the following questions.

1. Which of the following reflects the popular attitude toward health among most health professionals?
 - A. Health refers to a good state of a person's mind.
 - B. Health is the opposite of disease or the absence of disease.
 - C. Health is shown as a perfect state of a person's physical functions.
 - D. Health is the state of complete physical, mental, and social well-being.
2. Which of the following is one argument against the definition of health put forward by the WHO?
 - A. It is unrealistic for anyone to achieve such an ideal state.
 - B. It is difficult to determine scientifically whether one is healthy or not.
 - C. This definition ignores the basic human needs.
 - D. This definition is not based on the current condition of healthcare services.
3. Which of the following variables is NOT included in external environments that help to maintain a state of total well-being?
 - A. Economic variables.
 - B. Social variables.
 - C. Spiritual variables.
 - D. Physical variables.
4. What conclusions can be drawn from the examples given in Paragraph 6?
 - A. Respiratory infections only result from neglecting to stay warm and dry in winter.

- B. Respiratory infections caused by life-styles should not be considered an illness.
C. Some illnesses can be considered manifestations of a person's life-style.
D. Treating an infection may have no effect on the pattern of behavior.
5. Why is it wrong to have a rigid attitude towards health and illness?
A. Because illnesses are normal and usual aspects of life.
B. Because a rigid attitude may not help a client to improve his or her future health.
C. Because clients do not always accept the nurse's definition of health.
D. Because the attitudes of clients and nurses toward health rarely coincide exactly.

II. Answer the following questions briefly.

1. What seem to be the problems with the traditional attitude toward health?

2. Why can it be difficult to define health?

3. Why is it necessary for the nurse to have individualized plans when caring for different patients?

Vocabulary

I. Choose the correct word from the following to complete each of the following sentences. Change their form(s) where necessary.

**adhere to
medication**

**take into consideration
adapt to**

**in terms of
rigid**

**in relation to
coincide**

1. The interests of employers and employees do not always _____.
2. Of course, we also have to _____ our lifestyles _____.
3. When you go to a new country, you must _____ yourself _____ new manners and customs.
4. Many flu _____ are available without a prescription.
5. The new recruits are not used to the _____ disciplines of the army.
6. _____ customer satisfaction, the policy cannot be criticized.
7. For eight months he _____ a strict no-fat low-salt diet.
8. In this country women's earnings are still very low _____ men's.

II. Complete the following sentences with a proper choice.

social

sociable

socialize

1. He is a very _____ person, and he really enjoys going to all kinds of parties.
2. I hope he will actually do some work at college; he seems to spend all his time _____.

individual

individualized

individually

3. She always thinks _____ and it shows in what she does.
4. Schools at different levels are encouraged to offer _____ educational programs.

adapt

adaptable

adaptation

5. We need _____ nurses who are willing to learn new skills.
6. Alcohol and drug use often appear as a result of poor _____ to one's surroundings.

Grammar and Structure

I. Complete the sentences below by adding something suggested in the text, following the models given.

Model:

In the past, most individuals and societies have *viewed* health *as* the opposite of disease or the absence of disease.

1. Some healthcare providers emphasize the physiological dimension of a person, considering only the body as _____.
2. Health care professionals are still struggling to accept the definition of health as _____.

Model:

If the condition is being controlled with diet, exercise, or medication, the client may feel healthy and experience no change in functioning.

3. A person who neglects to stay warm and dry in winter may even not consider a respiratory infection an illness at all if _____.
4. Some people believe that many in the underdeveloped countries would not be considered healthy if _____.

II. Complete the following passage logically with the phrases given.

what you want out of life

where you live, work or go to school

take care of themselves

how your mind, body and emotions interrelate

feel more powerful and confident

take responsibility for

To achieve a healthy life, simply live healthfully. Apply some of the principles of health science, coupled with an understanding of 1. Set some health goals for yourself, and follow through in achieving these goals. The first step in achieving a healthy lifestyle is to 2 your own health and well-being. Take responsibility for your feelings, your relationships, your diet, your level of physical activity, your drug-taking behavior (including smoking cigarette and drinking alcohol) and your social environment. Social environment means 3, and the stresses that may result from them. All these factors, to a certain extent, lie within your power to control, change, or accept, depending on 4.

Once you take responsibility for your health and well-being, you will begin to 5. People usually find that it feels better to 6 than to abuse themselves — to engage in nurturing rather than self-destructive behaviors.

Translation

Translate the following sentences into English.

1. 直到今天仍有一些人将健康视为与疾病相反的事物或者指没有病患。

2. 在当今社会，只强调人的生理健康是不全面的。

3. 面临重压时，我就闭上眼睛，做深呼吸。

4. 健康促进与疾病预防活动是护士们越来越重视的卫生保健形式。

5. 护理过程应掌握包括患者的社会心理、文化和经济背景。

Text B

Health Promotion and Illness Prevention

Health promotion and illness prevention activities have become an important focus of health care for three reasons. First, although scientific and medical advances since the 1940s have resulted in cures for infectious diseases, there are still no cures for many



chronic diseases. Second, the rapid rise of health care costs has motivated consumers to seek ways of decreasing the incidence and minimizing the results of illness or disability. Third, people have become increasingly conscious of the value of maintaining or increasing the level of health rather than allowing problems to arise and then treating them.

Many programs for health promotion and illness prevention have been developed. The goal of a total health program is to improve a client's level of well-being in all dimensions. Total programs are based on the belief that many different factors can affect a person's level of health, including habits, stressors, and the environment. The following seven habits have been shown to promote total health, help prevent illness, and improve life expectancy:

- Three meals a day with no snacking

- Breakfast every day

- Moderate exercise two or three times a week

- Uninterrupted sleep for 7 to 8 hours a day

- No smoking

- Ideal body weight for sex, age, height, and body build

- Alcohol only in moderation

Total health promotion programs, such as smoking cessation clinics, exercise programs, and stress reduction programs are directed toward changing a person's total life-style in order to improve the level of health and meet basic human needs.

Some health promotion and illness prevention programs are operated by health care agencies, and thus nurses may be actively involved. Most health promotion centers are independent of health care agencies, however, although nurses may still be involved as consultants or by giving referrals. Many corporations, colleges, and community centers have developed health promotion activities for their employees. The goal of these activities is to improve the client's level of health through preventive health services, environmental protection, and health education.

Health promotion and illness prevention activities affect the client, as well as the health care provider. Whether an activity is an active or passive strategy, the overall goal is to maintain or improve the level of the client's well-being in all dimensions and help the client meet all basic human needs.

Levels of Preventive Care

Nursing care that is oriented to health promotion and illness prevention can be understood in terms of health care activities on three levels: primary, secondary, and tertiary preventive care.

Primary Level

Primary preventive care focuses on individuals not currently experiencing health problems. Primary care activities are thus oriented to assisting clients in maintaining and improving health, meeting basic needs, and preventing future illness. Primary preventive care by nurses includes health education programs in areas as diverse as dental hygiene, nutrition, and sexuality and



reproduction. Also included are nursing activities such as providing immunization against common childhood diseases.

Secondary Level

Secondary preventive care focuses on individuals who are experiencing health problems or illnesses, who have unmet needs, and who are at risk for developing complications or worsening conditions. Much nursing care delivered in hospitals and other institutions is at the secondary level, designed to prevent complications. Examples include preventing wound infection, administering intravenous fluids, helping with personal hygiene, assisting with exercise and physical movement and ensuring an adequate oxygen supply for clients with respiratory illnesses. Other secondary-level nursing actions may include educating clients about self-care and providing emotional support to help client adapt to illness and continue to comply with therapy.

Tertiary Level

Tertiary preventive care focuses on individuals with short or long-term disabilities, many unmet needs, or reduced functioning resulting from illness. The goal of care is to help clients adapt as fully as possible to limitations caused by illness, to meet basic needs, or to overcome problems related to limited functioning. This is preventive care because it involves preventing further disability or reduced functioning.

VOCABULARY

cessation / sə'seɪʃən / *n.* 中断、停止或休止

orient / 'ɔ:riənt / *vt.* 适应形势, be oriented to 导向

preventive / prɪ'ventɪv / *adj.* 预防性的

hygiene / 'haɪdʒi:n / *n.* 卫生学

unmet / ʌn'met / *adj.* 未满足的

immunization / ɪmju:nar'zeɪʃən / *n.* 使免除, 使免疫

comply / kəm'plaɪ / *vi.* 顺从, 答应, comply with 遵守

Review and Practice

I. Decide whether the following statements are true (T) or false (F) according to the text.

1. Health promotion activities seek to help a client cure his present disease or enhance it in the future.
2. Both health promotion and illness prevention are oriented to prolonging the patients' life.
3. Health promotion activities can be either passive or active.

4. Weight reduction and smoking cessation programs belong to active and passive strategies separately.
5. Scientific and medical advances since the 1940s have resulted in cures for infectious diseases, there are still no cures for all the chronic diseases.
6. The goal of a total health program is to help a client get rid of his bad habits.
7. Most health promotion centers are dependent on health care agencies, so nurses may be involved as consultants or by giving referrals.
8. Health promotion and illness prevention activities affect both the client and the health care provider.

II. Give examples of nursing activities at different levels.

Primary level: _____

Secondary level: _____

Tertiary level: _____

III. Translate the following into Chinese, paying attention to the italicized parts.

1. *Although* scientific and medical advances since the 1940s have resulted in cures for infectious diseases, there are still no cures for many chronic diseases.

2. The rapid rise of health care costs has *motivated* consumers to *seek ways of decreasing* the incidence and *minimizing* the results of illness or disability.

3. People have become increasingly *conscious of* the value of *maintaining or increasing* the level of health *rather than allowing* problems to arise and then *treating* them.

4. *Whether an activity is an active or passive strategy*, the overall goal is *to maintain or improve* the level of the client's well-being in all dimensions and *help* the client *meet all basic human needs*.

Word Building

Many word elements frequently occur in the formation of medical and nursing terms. These word elements have very specific meanings. For example: *intra-* (in intravenous) means “on the inside, within.” The opposite of *intra-* is *extra-*, which means “outside, beyond.” Try to guess the meaning of the following words using your medical knowledge as well as your knowledge of word building.

intracellular
extradura

intra dermal
extracranial

intramuscular
extravascular

intrauterine
extrahepatic

